



About The Strafford County Public Health Network

The Strafford County Public Health Network exists to improve the health, wellness, and quality of life for all individuals in Strafford County. It is one of 13 networks across the State of New Hampshire that work together to align multiple public health priorities into one integrated system. The Strafford County Public Health Network is representative of Dover, Rochester, Durham, Somersworth, Barrington, Farmington, Milton, Lee, Strafford, New Durham, Rollinsford, Middleton, Madbury, and the University of New Hampshire. The Strafford County Public Health Network is located at Goodwin Community Health and online at scph.org. To join the PHAC, and for more information about the Strafford County Public Health Network, including a list of contacts, please visit scphn.org

Community Resource Guide for Strafford County

**Budget friendly ideas for indoor and outdoor family fitness,
exercise classes, healthy food access, and free community trails**



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Barrington

FOOD ACCESS RESOURCES

Barrington Community Food Pantry

105c Ramsdell Ln

(lower level of library, next to recreation center)

603-664-0233

info@barringtonfoodpantry.org

Thur, 6-7:30pm

Residents only Income restrictions

FREE COMMUNITY TRAILS

Barrington Conservation Commission

www.barringtonconcom.org

603-664-5798

Family trails, hikes and land conservation

Winnie the Pooh Trail

245-263 Franklin Pierce Hwy, Barrington, NH 03825

Hiking, walking, recreation

INDOOR AND OUTDOOR FAMILY FITNESS

Barrington Recreation Department

105 Ramsdell Ln

603-664-5224

Mon-Fri, 8-4pm

Adult, Youth and Family Programming and Classes

DOVER

FOOD ACCESS RESOURCES

Dover Farmers Market

550 Central Ave
Chamber of Commerce
June-Sept Wed 2:15-6pm
SNAP & Market Match

Seacoast Area Mobile Market (SAMM)

Dover Housing (Central Towers)
July- October, Wednesday's 12:30-1:00pm

Strafford County Complex
July- October, Thursday's 11-12:30pm

Dover Housing (Waldron Towers)
July- October, Thursday's 1:00-1:30pm
<http://seacoasteatlocal.org/samm/>
SNAP and Market Match*


Community Action Partnership Food Pantry

61 Locust Street, Suite 240
McConnell Center
603-460-4237
Mon, Tues, Wed, Fri 9-3pm
www.straffordcap.org

Dover Food Pantry, First Parish Congregational Church

1 Silver St
603-742-2929
Hours: Tues, 3-5pm Thurs, 9-11am
Residents only

No Cost 

Low Cost/ Discount 

DOVER

Our Daily Bread/St Joseph's Church Food Pantry

180 Locust St

603-742-4837

Office@assumptiondovernh.org

Hours: Tues, Wed, 9-12pm, Sat, 9- 11:50 am

Call ahead Residents only

Dover Meals on Wheels

Café by the River (Waldron Towers)

Mon-Fri 11:30-1pm

Age restriction Application at first visit

FREE COMMUNITY TRAILS

Dover Community Trail

Watson Rd to Fisher St

Biking, Walking, and Commuting

County Farm Cochecho River Loop Trail

Begins near Strafford County Complex

County Farm Cross Rd

[Trail Map](#)

Henry Law Park and Cochecho River Walk

Henry Law Avenue

Trail, playground, green space

Bellamy River Wildlife Management Area

Old Garrison Rd

<http://www.wildlife.state.nh.us/maps/wma/bellamy.html>

Trails, winter recreation

DOVER

INDOOR AND OUTDOOR FAMILY FITNESS

Community Senior Center

61 Locust

603-516-6436

Mon-Fri 9-3pm

Walking groups, community meals, fitness classes, outings

Dover Ice Arena

110 Portland Ave

603-516-6060

M-F 8-10pm, Sat-Sun 7:30-10pm

Public skating on designated days

Rentals available

Dover Indoor Pool

6 Henry Law Ave

516-6441

Hours vary per season

Swim lesson, open pool, and fitness classes

Jenny Thompson Outdoor Pool

140 Portland Ave

603-516-6085

June-Labor Day

Summer camps, competitive and recreational swim

McConnell Fitness Center and Butterfield Gym

61 Locust St

603-516-6401

Zumba, yoga, strength, open gym

Day or Monthly passes available

DOVER

Bellamy Park Disc Golf Course ●

Bellamy Rd

Open to public, bring equipment

Hilton Park

Route 4

Playground, green space

Joe B. Riverwalk, Public Gardens

Access at 400 Central Ave

<http://www.joeparksgarden.org/>

New Hampshire Children's Museum ▲

6 Washington St

<https://www.childrens-museum.org/>

Indoor Ascent

47 Broadway, Dover, NH 03820

Rock Climbing

Hours Vary

MEDICAL RESOURCES

Community Partners Mental Health Services

50 Chestnut St

603-516-9300

Services residents of Strafford County

Great Bay Mental Health Associates

10 Member Way, Suite 401

603-742-9200

www.greatbaymentalhealth.com

No Cost ●

Low Cost/ Discount ▲

Families First Mobile Health Van

Mental Health Counseling

Located at Strafford County Courthouse

Mon 8:30-11am and

Dover Train Station, 33 Chestnut St

Wed 9-11am

RESOURCES FOR CHILDREN

Seymour Osman Community Center ●

40 Hampshire Circle

603-749-6692

<http://www.dhasocc.org/>

Elementary After School Program, Mon-Fri 3-6pm

Middle School Program, Mon-Fri 2:45-6p

DURHAM

FOOD ACCESS RESOURCES

Cornucopia Food Pantry

The Waysmeet Center (United Campus Ministry)

15 Mill Rd

603-862-1165

Summer (Jan-Aug) Tues, 4-5:30pm

Academic Year (Sept-May) Tues, 4-5:30pm, Fri 12-2pm

Community dinners co-hosted with Organic Garden Club:

Monthly, Second Fri 6-7pm (Sept-May)

St Thomas More Food Pantry

6 Madbury Rd

603-781-0945

Thur, 6-8pm - ID Required

No Cost ●

Low Cost/ Discount ▲

Durham Farmers Market

10 Old Piscataqua Rd
June-September, Mon 2:15-6pm
SNAP & Market Match

INDOOR AND OUTDOOR FAMILY FITNESS

Durham Parks and Recreation Department

2 Dover Rd
603-817-4074
Classes on weekdays and weekends
Fitness, yoga, [outdoor trails and recreation](#)
For youth, adult and community

University of New Hampshire Outdoor Pool ▲

5 Edgewood Rd
Hours vary by season

MEDICAL RESOURCES

Wentworth Douglass Hospital ●

789 Central Ave
Community Health and Wellness Classes
<https://www.wdhospital.com/wdh/staying-well/event>

FARMINGTON

FOOD ACCESS RESOURCES

Community Action Partnership Outreach Food Pantry

527 Main St
603-460-4313

No Cost ●

Low Cost/ Discount ▲

Hours: Mon, Wed, Fri, 8:30-12pm

www.straffordcap.org

ID/Income required

Seacoast Area Mobile Market

Goodwin Library

422 main st. Farmington, NH 03835

July-October Fridays 5:30-6:30

<http://seacoastlocal.org/samm/>

SNAP and Market Match*

Interfaith Food Pantry

First Congregational Church

400 Main St

603-755-3764

Last Saturday of the month, 9:30-10:30am

(Except Aug)

Grace Community Church

9 Mechanic St

603-332-9689

Community Meals September-June, Wednesday evening

Thursdays 9:30-11:30am

Food Pantry Last Saturday, 3:30-5pm

INDOOR AND OUTDOOR FAMILY FITNESS

Farmington Parks and Recreation Department

531 Main St

603-755-2405

Senior Activities, bingo, Youth Programs, after school

Farmington Five-Hundred Boys and Girls Club

603-755-2311

Youth athletic teams

Archery, baseball, basketball, football, soccer, softball,

volleyball, golf

No Cost 

Low Cost/ Discount 

admin@farmington500.org

FREE COMMUNITY TRAILS

Farmington Recreational Rail Trail ●

Chestnut Hill Rd to Route 125

[Hiking, biking, winter sports](#)

Mount Blue Job ●

First Crown Point Rd

Hiking and recreation

Abbotts Grant Town Forest ●

Main St

LEE

FOOD ACCESS RESOURCES

Wilkinson Memorial Food Pantry of Lee Congregational Church

17 Mast Rd

603-659-2861

1st and 3rd Monday 6-7pm

Lee Farmers Market

17 Mast Rd

603-659-2861

June- September Thursdays 3-6 pm

INDOOR AND OUTDOOR FAMILY FITNESS ●

Little River Park

18 North River Road

Playground, baseball field, and trails

No Cost ●

Low Cost/ Discount ▲

Lee Town Forest ●
Multiple points of access

MADBURY

INDOOR AND OUTDOOR FAMILY FITNESS

Demerit Park Field ●
Soccer, baseball, recreation
Route 155

Tibbets Field ●
Soccer field, recreation, trails
Route 155

FREE COMMUNITY TRAILS

Kingman Farm Trail ●
Route 155

Pudding Hill Town Forest ●
Pudding Hill Rd and Evans Road

MIDDLETON

FREE COMMUNITY TRAILS

Jones Brook Wildlife Management Area ●
Multiple Access Points
Kings Highway

Piper Mountain ●

Access Rd

MILTON

FOOD ACCESS RESOURCES

Milton Food Pantry

55 Industrial Dr
603-516-8191
Tues 8:30-12:30pm

FREE COMMUNITY TRAILS

NH Farm Museum Trails

<http://farmmuseum.org/>
1305 White Mt Hwy
50 Acres of trails for hiking
Hours vary per season

Teneriffe Mountain Reserve

170-acre forest reserve with 1.6 mile trail
With rare plant species
<https://miltonnhgetoutdoors.wordpress.com/2015/05/27/teneriffe-mountain-reserve/>


Moose Mountain Reservation

8 Miles of trails
<https://www.forestsociety.org/property/moose-mountains-reservation>

NEW DURHAM

FOOD ACCESS RESOURCES

No Cost 

Low Cost/ Discount 

New Durham Food Pantry

5 Main St
603-817-0372
Saturdays 9-10pm

FREE COMMUNITY TRAILS

New Durham Town Forest ●

Berry Rd

ROCHESTER

FOOD ACCESS RESOURCES

Rochester Farmers Market

Rochester Commons, South Main St
Tuesday 3:30-6:30pm

Emmanuel Advent Christian Church Food Pantry

24 Eastern Ave
603-332-5355
Thur, 10:30-12pm
Community dinners 2nd & 4th Friday, 5:30pm
603-332-5355

Gerry's Food Pantry

150 Wakefield Street, Suite 5
603-330-3468
Monday & Fri, 1-3:30pm
Wednesday 10-3:30pm
Residents only ☑

Grace Community Church Food Pantry

159 Rochester Hill Rd
603-332-9689

No Cost ●

Low Cost/ Discount ▲

Tue 1-3pm, Sat 9-11am

Joseph's Storehouse Food Pantry

124 Milton Rd

603-994-1076

Third Saturday, 9-12pm

<http://www.josephsstorehouse.com/welcome>

Revolution Church Food Pantry

87 Lowell St

603-332-0212

Fri 5:15-6:45pm

Last Mon each month 10-11am, check day

Rochester Fellowship Soup Kitchen

34 South Main St

603-332-4170

Salvation Army Soup Kitchen

10 Olde Farm Lane

603-332-2623

Mon, Wed, Fri, 12-1pm, confirm hours

Rochester Meals on Wheels

77 Olde Farm Ln

603-332-0831

Mon-Fri 11:30-1pm

Age restriction Application at first visit

Salvation Army Food Pantry

10 Old Farm Lane

603-332-2623

Mon, Wed, Fri, 9-3pm

First Congregational Church

63 South Main St

603-332-1121

Mon, Tue, Thur 9:30-11:30am, confirm hours

No Cost 


Low Cost/ Discount 

Photo ID

FREE COMMUNITY TRAILS

Gonic Trails ●

Rochester Neck Rd
Hiking, walking, recreation

William H Champlin, Jr Forest Trails ●

Route 108, across from Sky Haven airport
Hiking, walking, recreation

Pickering Ponds ●

374 Pickering Road Gonic
Green space/ easy to moderate 2 mile loop trail
[Trail Map](#)
Dog friendly

Rochester Common ●

Route 108/South Main St
Walking loop (3 loops=1 mile), sports field, playground

Mount Isinglass Recreation Area ●

Multiple points of access
<http://www.isinglassriver.us/recreation-and-access.html>

INDOOR AND OUTDOOR FAMILY FITNESS

Rochester Recreation Center and Arena

150 Wakefield Street, Suite 1
www.rochesterrec.com
Youth, adult, family, senior programs

Hanson Pines ●

4 Yeagley Way

No Cost ●

Low Cost/ Discount ▲

Outdoor pool, playground, basketball courts, trails

Squamagonic Recreation Area ●

Hansonville Rd
Wilderness, 18 hole disc golf course

Community Center Tennis Courts ●

150 Wakefield St
For school and public use
Dawn to dusk, Spring-Fall

Rochester Community Center

150 Wakefield St
Youth, Adult, Senior and Family Programs

Rochester Arena

63A Lowell St
Family friendly programming, senior programs

Outdoor Pool Locations

1. *East Rochester Pool* ●
Green Street/Cochecho Ave, Rochester
2. *Gonic Pool* ●
Railroad Ave at Gonic School, Gonic

YMCA of Strafford County

33 Industrial Way, Rochester NH 03867
Youth, Adult, Senior and Family Programs

MEDICAL RESOURCES

Frisbie Memorial Hospital ●

Community Health and Wellness Classes
11 White Hall Rd
(603) 332-5211
<http://www.frisbiehospital.com/events/>

Catholic Charities of NH

Mental Health Counseling Services
23 Grant St
603-332-7701
<https://www.cc-nh.org/counseling>

Families First Mobile Health Van

Mental Health Counseling
Located at Salvation Army
10 Olde Farm Ln
Mon & Wed, 12pm-2pm

Community Partners

Mental Health Counseling
25 Olde Farm Rd
603-516-9300

ROLLINSFORD

FOOD ACCESS RESOURCES

Seeds of Faith Food Pantry


1 Front Street, Suite 160 Upper Mill
207-475-2155
Mondays 10-12pm

Seacoast Eat Local Winter Farmers Market

141 Rollins Rd
Nov-April, check website for dates
Saturdays 10-2pm
SNAP, Market Match and Close the Gap*

FREE COMMUNITY TRAILS

No Cost 

Low Cost/ Discount 

Scout Landing Trails ●

Begins at boat launch off Front St

INDOOR AND OUTDOOR FAMILY FITNESS

Rollinsford Free Public Ice Skating Rink ●

Roberts Rd, next to fire department

Seasonal, no rentals available

Community Yoga Class ●

3 Front Street

Rollinsford Pubic Library

Bring yoga mat

Thur 6:45-8pm

SOMERSWORTH

FOOD ACCESS RESOURCES

Somersworth Farmers Market

311 Route 108

Goodwin Community Health

Mondays 3-6pm

SNA & Market Match

House of Hope Soup Kitchen and Food Pantry

6 Sullivan Sq

Berwick ME 03901

207-698-9944

Available to Somersworth residents

M, T, Th 4:30-7pm

Community Food Pantry

176 West High Street

603-692-2907

Mon 10-12pm, Wed 6-8pm, Thurs 3-5pm

No Cost ●

Low Cost/ Discount ▲

Seeds of Faith Food Pantry

82 High Street
207-474-3508
Mon 10-12pm

Somersworth Meals on Wheels

Mon-Fri 11:30-1pm

Age restriction Application at first visit

1. Senior Delite Café
25 Bartlett Ave
603-692-4211
2. Morning Delite Café
28 Franklin St (Carpentier Apt)
603-953-5160

Women, Infant and Children (WIC)

Goodwin Community Health
311 rt. 108
603-332-4358

MEDICAL RESOURCES

Goodwin Community Health

311 Route 108 - 603-749-2346


- WIC Enrollment and Benefits
Nutrition counseling and breastfeeding support
<http://goodwinch.org/services/wic/>
603-332-4358
- Behavioral Health Program
<http://goodwinch.org/services/behavioral-health/>

INDOOR AND OUTDOOR FAMILY FITNESS

Parks and Recreation Committee

603-692-4262

No Cost 

Low Cost/ Discount 

Youth athletic programs (soccer and basketball)

Noble Pines Park ●

30 Noble St
Playground, splash pad, and baseball field

Flanagan Community Center

Community events, open gym
9 Bartlett Ave

YMCA of Strafford County ▲

<http://www.granitemca.org/>

Rochester Running Club ●

<http://www.rochesterrunners.com/weekly-runs/>

Malley Farms Field ●

70 Malley Farm Field Rd
Baseball and recreation

RESOURCES FOR CHILDREN

Rochester Youth Soccer Association

<http://rysa-nh.com/>

Rochester Girls Softball League

<http://leaguelineup.com/welcome.asp?url=rochestergsl>

FREE COMMUNITY TRAILS

Willand Pond Trails ●

Route 108
<http://www.seacoastnh.com/travel/scenic-walks/willand-pond/>

STRAFFORD

No Cost ●

Low Cost/ Discount ▲

FOOD ACCESS RESOURCES

Third Baptist Church

30 Strafford Rd

603-664-7750

Food Pantry Thur 8-10am

Soup Kitchen Wed 5-6:30pm

FREE COMMUNITY TRAILS

Isinglass River Conservation Reserve

Multiple points of access

<http://www.isinglassriver.us/recreation-and-access.html>

Walking trails

James H. Edgerly Jr Town Forest

Off Parker Mt Rd

Walking Trails

Big River Lot- Town Forest

First Crown Point Rd

McCabe Lot- Town Forest

Evans Mt Rd

Parker Mountain

Parker Mt Rd


RESOURCES FOR CHILDREN

Strafford Recreational Sports

Youth Athletics

Strafford County Wide

No Cost 

Low Cost/ Discount 

INDOOR AND OUTDOOR FAMILY FITNESS

Geo Caching

County Wide locations/ sites

Youth Adventure Hunt

https://www.geocaching.com/local/default.aspx?state_id=30

ADAPTIVE RESOURCES

Resource specifically for individuals with disabilities

FREE COMMUNITY TRAILS

Wheelchair accessible Walking Trails

Farmington Recreational Trail – Trail - Strafford County
Dover Community Trail – Dover, NH

INDOOR AND OUTDOOR FAMILY FITNESS

Adaptive sports and recreation- UNH- Durham

Northeast Passage 603-862-0070

Adaptive Sports and Recreation program

Recreational Therapy program

<http://nepassage.org/>


Special Needs Support Center (SNSC)

SNSC offers diverse activities and social opportunities for people of all ages with special needs.

<http://snc-uv.org/activities/>

RESOURCES FOR CHILDREN

No Cost 

Low Cost/ Discount 

Camps for Children with special needs

Zebra Crossing – Dover, NH

61 Locust St

603-312-2052

Outdoor programs for children with chronic disease

www.zebra-crossings.org/